

AMENDMENT
Appln. No. 10/686,353
Docket No. 066491-00007

AMENDMENTS TO THE CLAIMS

1. **(Currently Amended)** An insole comprising: an insole material; a first elastomeric pad attached to the insole material and positioned to contact a metatarsus section of a foot; and a second elastomeric pad attached to the insole material and positioned to contact a heel portion of a foot; the first and second pads being horizontally distinct from one another~~[],]~~; and the first and second pads each pad having a rebound ~~rate~~; and property, the rebound ~~rate~~ of the first pad differing from the rebound ~~rate~~ of the second pad.

2. **(Currently Amended)** The insole of claim 1 wherein the first pad elastomer has a rebound ~~rate~~ ranging from 5.0% to 90.0%.

3. **(Currently Amended)** The insole of claim 2 wherein the second pad elastomer has a rebound ~~rate~~ ranging from 1.0% to 40.0%.

4-5. **(Cancelled)**

6. **(Currently Amended)** The insole of claim ~~5~~ 1 wherein the first pad elastomer has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.

7. **(Original)** The insole of claim 6 wherein the second pad elastomer has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

8. **(Currently Amended)** The insole of claim ~~5~~ 1 wherein the first pad elastomer has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.

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9. **(Currently Amended)** The insole of claim 8 wherein the ~~first~~ second pad elastomer has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.

10. **(Cancelled)**

11. **(Currently Amended)** The insole of claim ~~10~~ 3 wherein the first pad rebound ~~rate~~ is greater than the second pad rebound ~~rate~~.

12-14. **(Cancelled)**

15. **(Currently Amended)** The insole of claim ~~14~~ 11 wherein first pad has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.

16. **(Original)** The insole of claim 15 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

17. **(Currently Amended)** The insole of claim ~~14~~ 11 wherein first pad has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.

18. **(Currently Amended)** The insole of claim 17 wherein ~~first~~ second pad has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.

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19. **(Original)** The insole of claim 1 wherein the insole has a lower surface and at least a portion of at least one of the pads forms part of the lower surface of the insole.

20. **(Original)** The insole of claim 1 wherein the insole has an upper surface and at least a portion of at least one of the pads forms part of the upper surface of the insole.

21. **(Original)** The insole of claim 1 wherein the insole has an upper surface and a lower surface and at least one of the pads extends from the upper surface of the insole to the lower surface of the insole.

22. **(Original)** The insole of claim 1 wherein the insole has an upper surface and a lower surface and at least one of the pads is disposed between the upper and lower surfaces of the insole.

23. **(Original)** The insole of claim 1 wherein the insole includes at least two layers and at least a portion of a pad is disposed between the upper and lower layers.

24. **(Currently Amended)** The insole of claim 1 wherein at least one of the first and second pads is comprises a gel.

25. **(Original)** The insole of claim 1 wherein the first and second pads are carried by a carrier.

26. **(Original)** The insole of claim 25 wherein the carrier is at least partially formed of a material selected from a group consisting of a gel, a foam, an elastomer, leather and cloth.

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27. (Original) A shoe sole comprising: a shoe sole material; a first elastomeric pad positioned in the sole material in an area corresponding to a metatarsus section of a foot; and a second elastomeric pad positioned in the sole material in an area corresponding to a heel section of a foot; the first and second pads being horizontally distinct from one another[,]; and the first and second pads each pad having a rebound rate; and property, the rebound rate of the first pad differing from the rebound rate of the second pad.

28. (Original) The sole of claim 27 wherein the first pad has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.

29. (Original) The sole of claim 28 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.

30-31. (Cancelled)

32. (Currently Amended) The sole of claim 31 wherein the first pad has a rebound rate ranging from 5.0% to 90.0%.

33. (Currently Amended) The sole of claim 32 wherein the second pad has a rebound rate ranging from 1.0% to 40.0%.

34. (New) The insole of claim 1 wherein the insole material is a composite material.

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35. **(New)** The sole of claim 27 wherein the shoe sole material is a composite material.
36. **(New)** The sole of claim 27 wherein the shoe sole material is a composite material.
37. **(New)** The sole of claim 27 wherein the first pad rebound is greater than the second pad rebound.
38. **(New)** The sole of claim 27 wherein the first pad has a hardness with a durometer range of 30 to 70, Shore Hardness (00) scale.
39. **(New)** The sole of claim 28 wherein the second pad has a hardness with a durometer range of 20 to 70, Shore Hardness (00) scale.
40. **(New)** The shoe sole of claim 37 wherein the first pad elastomer has a hardness with a durometer range of 35 to 70, Shore Hardness (00) scale.
41. **(New)** The shoe sole of claim 38 wherein the first pad elastomer has a hardness with a durometer range of 20 to 55, Shore Hardness (00) scale.